

good future

weight loss surgery

Spring, 2016

Bon Secours St. Mary's Hospital Bariatric Surgery Patient's Newsletter

Respect • Compassion • Justice • Integrity • Quality • Innovation • Stewardship • Growth

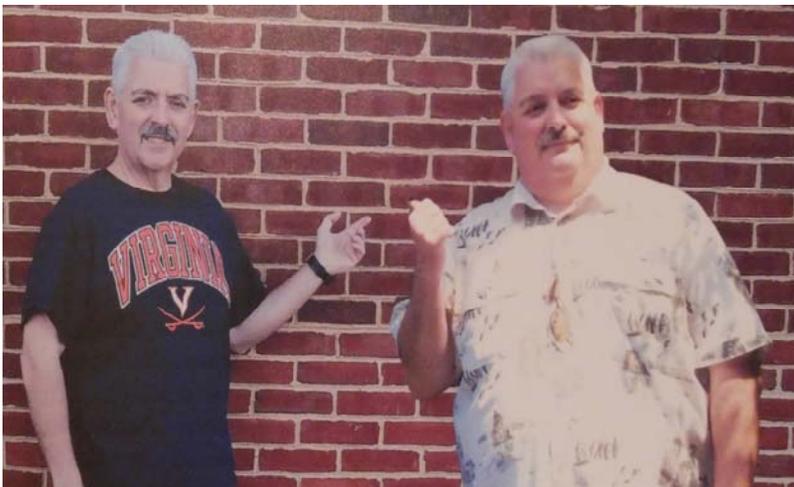
A Patient's Story: David DeSpain

Weight has been a struggle for me my entire life. As a child I was heavy, and as I grew older I stayed on the heavy side. I can only recall three or four times in my life where my weight was acceptable - not clinically but socially anyway.

After several visits with my family care physician and consistent weight gain, he suggested I go to a seminar to hear what they had to say about the gastric sleeve procedure and see if it was something I'd consider doing. I was taking two blood pressure medications along with a couple of other prescriptions. So for current and future health reasons I went to the seminar and decided the sleeve might be for me. I had the gastric sleeve procedure done on June 24, 2015 by Dr. Carmody and have never looked back.

Prior to surgery, doubt, and of course fear of the unknown came into play. I had no idea what having the surgery entailed and I wasn't sure I wanted to know. I figured the less I knew the less concern or fear I would have. Let me tell you, the information, care and instruction I received were phenomenal. I had great support from my wife; she was fantastic throughout. My barriers were minimal so there was no anxiety for me whatsoever.

My preparation for surgery was mostly mental. I believe my wife prepared far greater than I. We had many discussions and a lot of research and prayer. The key is listening to the dietitians, the nurses, and doctors and doing exactly what they tell you. They are the experts and have been through this numerous times....they know.



The benefits are great. I am down to one prescription and hopefully will come off of that one soon. All of my borderline blood work is back in line and I have more stamina and endurance. I can work in the yard all day now, as opposed to a couple of hours. Doing simple things like tying my shoes is so much easier.

Once I made up my mind to have the surgery, I was "all in". I wanted to break my relationship with food and as the old adage goes, "Eat to live, not live to eat." I

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A Patient's Story: David DeSpain - continued

wanted to look at food differently. I wanted food to be a source of nutrition and sustenance, not as much a source of enjoyment or pleasure.

The advice I would give to someone who is considering bariatric surgery is to do your homework and determine what your objectives are. Talk with your family care physician. LISTEN to the dietitians, nurses and doctors involved with the surgery. They are there to help. Do it for yourself. If it's for health reasons then definitely do it. Find some source of support and never ever listen to the naysayers. Talk with the Lord, lay it at His feet and He will guide you.

Exercise Humor

- ◇ It is well documented for every mile you jog, you add one minute to your life. This enables you, at age 85, to spend an additional 5 months in a nursing home at \$4,000.
- ◇ My grandmother started walking 5 miles a day when she was 60. She is now 97 and we don't know where in the world she is now.
- ◇ I joined a health club last year, spent about \$400. Haven't lost a pound. Apparently you have to show up.
- ◇ I have to exercise early in the morning before my brain figures out what I am doing.
- ◇ I don't exercise at all. If God meant for us to touch our toes, He would have put them further up on our body.
- ◇ I like long walks, especially when they are taken by people who annoy me.
- ◇ I have flabby thighs, but fortunately, my stomach covers them.
- ◇ The advantage of exercising every day is that you die healthier.
- ◇ If you are going to try Cross-Country skiing, start with a small country.

How to Curb Your Food Cravings

A craving doesn't have any control over you. There are things you can do to change your thought process and reduce your risk of giving into the temptation for a particular food. By following a regularly-scheduled meal pattern and tuning into your appetite signals, you can prevent and control cravings.

Here are some tips to help control food cravings:

Don't skip meals. This can cause extreme hunger later which can cause cravings and unhealthy food choices. When establishing a regular meal pattern you may have to rely on the clock instead of hunger cues until a consistent meal pattern is established. This will help you to remain in control of hunger.

Drink adequate water- 48-64 ounces a day. Sometimes mild hunger or cravings can actually be a sign of dehydration, so staying adequately hydrated is important to stave off these cravings.

Get enough sleep. Being sleep deprived can cause cravings of sugar, processed foods and caffeine. The average adult needs about 7-8 hours of sleep each night so it is important to focus on getting adequate sleep.

Focus on something else. Read a book, phone a friend, go for a walk or work on a project. Typically, cravings are temporary; using distraction to occupy your mind can help dissipate the craving.

Avoid temptations. Avoid places that will make resisting more of a challenge such as vending machines, the grocery store or mall food-courts. Take a different way home to avoid restaurants or places that may be a temptation.

Plan ahead. Have a nutritious high protein snack on hand when out and about to avoid extreme hunger, which can trigger cravings and overeating.

Reward yourself for healthy eating. Indulge in a non-food reward such as a pedicure, massage, bubble bath or small gift.

Ask yourself "Am I really hungry?" Sometimes you are truly hungry and need to eat; other times it is a craving. Take the time to ask yourself this question before giving in to temptation.

Sources: <http://www.gulfcoastbariatrics.com/post-bariatric-diet/managing-cravings-after-weight-loss-surgery>; <http://www.warrentonweightloss.com/changes-eating/fighting-food-cravings-after-weight-loss-surgery>; [http://hallmarkhealth.org/bariatric-](http://hallmarkhealth.org/bariatric-and-weight-management-program/blog/control-food-craving)

[www.warrentonweightloss.com/changes-eating/fighting-food-cravings-after-weight-loss-surgery](http://hallmarkhealth.org/bariatric-and-weight-management-program/blog/control-food-craving); [http://hallmarkhealth.org/bariatric-](http://hallmarkhealth.org/bariatric-and-weight-management-program/blog/control-food-craving)

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Good Recipe

Stuffed Cabbage Rolls

Servings: 6

Ingredients:

1 head of cabbage, individual leaves removed
1/3 cup brown Minute Rice, or other whole grain of choice
1 teaspoon olive oil
1/2 medium onion, diced (if tolerated)
2 medium carrots, diced
1 pound 93% lean ground turkey
2 teaspoons garlic powder
2 teaspoons oregano or Italian seasoning
2 cups tomato sauce



Directions:

- Preheat oven to 350°.
- Wash and blanch* cabbage leaves for 30 seconds to make leaves easier to work with.
- Prepare rice as directed on package.
- Meanwhile, in a large skillet, heat olive oil over medium heat. Add the onions and carrots, stirring until slightly soft and caramelized.
- Add turkey to the vegetables in skillet and cook until browned.
- Add the powders and seasonings.
- Combine rice and meat.
- Place 1/2 cup of mixture into center of 1 cabbage leaf. Roll up, sealing both ends as you roll.
- Place cabbage rolls in baking dish seam side down, side by side to prevent them from unrolling.
- Top the cabbage rolls off with the tomato sauce, letting it spill over to the bottom of the dish.
- Bake for 35-45 minutes. Let stand for 5-10 minutes before serving.

*Blanching is a cooking technique in which food is briefly immersed in boiling water (usually for 10-60 seconds).

Source: <http://www.froedtert.com/bariatric-surgery/recipes>

Nutrition Facts: (1 roll)

Calories: 174
Fat: 5.5 grams
Protein: 15 grams
Carbohydrate: 16 grams
Cholesterol: 54 mg
Sodium: 560 mg
Sugar: 6 grams

Good Recipe

Black Bean and Brown Rice Casserole

Yield: 8 servings

Ingredients:

- 1/3 cup brown rice
- 1 cup vegetable broth
- 1 tablespoon olive oil
- 1/3 cup diced onion
- 1 medium zucchini, thinly sliced
- 16 oz cooked boneless, skinless chicken breast, chopped into small pieces
- 1/2 cup sliced mushrooms
- 1/2 teaspoon cumin
- 1/4 teaspoon cayenne pepper
- 1 (15 oz) can black beans, drained
- 1 (4 oz) can diced green chilies
- 1/3 cup shredded carrots
- 2 cups low fat Swiss cheese, shredded



Directions:

- Mix the rice and vegetable broth in a pot, and bring to a boil. Reduce heat to low, cover, and simmer 45 minutes or until rice is tender.
- Preheat oven to 350° degrees F.
- Lightly grease a large casserole dish with non-stick cooking spray.
- Heat olive oil in skillet over medium heat, cook onion until tender.
- Mix in zucchini, chicken, mushrooms, and seasonings.
- Cook and stir until zucchini is lightly browned and chicken is heated.
- In large bowl, mix cooked rice, onion, zucchini, chicken, mushrooms, beans, chilies, carrots, and 1 cup Swiss cheese.
- Transfer to prepared casserole dish and sprinkle with remaining 1 cup Swiss cheese.
- Cover casserole loosely with foil, bake for 30 minutes in preheated oven.
- Uncover, continue baking 10 minutes or until lightly browned.

Source: <http://www.froedtert.com/bariatric-surgery/recipes>

Nutrition Facts:

Calories: 267
Total Fat: 6g
Total Carbohydrates: 22g
Dietary Fiber: 6g

Your Support Team For Life Is just a phone call away...

Our Bariatric Surgeons at Bon Secours General Surgery at St. Mary's Hospital:
Dr. Eliseo Bautista, Dr. Brennan Carmody, Dr. Joseph Karch, & Dr. Nathan Lee
(804) 893-8676

Our Nurse Practitioners & Physician's Assistant at Bon Secours General Surgery at St. Mary's Hospital:
Jeannine Moss, Maya Paige, Erin Brown, & Stacy Gittler
(804) 893-8676

Our Registered Dietitian at St. Mary's Hospital:
Valerie Rakes
(804) 287-7037 or email her at Valerie_rakes@bshsi.org



*Happy Springtime
From the Desk of:*

**Barbara Ferguson, RN, BS, BSN,
MHA, NE-BC**

Director Clinical Management: Cardiac
Services, Bariatric Service Line, Surgical
Specific Populations

Green grass
Afternoon rain showers
Open windows
Cold ice cream
Evening walks
Picnics in the park
Warm sunshine
Pretty flowers
Happy Springtime!

Good Support: St. Mary's Bariatric Surgery Patient Support Group

Congratulations on your weight loss!

The journey to weight loss and better health has ups and downs.

Have you experienced a weight plateau?

Are you nervous about telling relatives about your surgery?

How should you say no to desserts brought in by co-workers?

Are you concerned about sticking to your diet during the holidays or summer travels?

Are you simply feeling overwhelmed by making the lifestyle changes?

These are just a few concerns patients share with each other at the support group.

A study in 2008, showed patients with the greatest attendance lost 8% more weight by 1 year after surgery⁴.

That is significant!

What happens at Support Group?

The group is led by medical professionals with experience in weight loss surgery. These individuals include Nurse Practitioners, Physicians, Registered Dietitians, Physician's Assistants and Registered Nurses. Occasionally a guest speaker is also present. While medical professionals guide the discussion, you and fellow patients share strategies and tips to cope with challenges and stressors. The team ensures accurate information is discussed in a safe and welcoming environment.

Available research shows patients who attend support group frequently experience greater weight loss.

How is Bon Secours Bariatric Support Group different than online support groups?

While online groups are convenient, especially with advanced technology, many are not managed by a medical professional. As a result, inaccurate information may be promoted unintentionally. They can provide a source for peer support, which is positive. When participating in online groups, be cautious regarding information discussed, especially information pertaining to diet and supplements. Remember, you can easily contact our team via phone, email or MyChart for sound information. Support groups are not a replacement for a medical professional.

What if I already have an excellent support system from friends and/or relatives?

Congratulations, that is great news! There is no such thing as too much support. Attending the program's support group will provide added benefits. Did you know you can bring family/friends to support group as well? This may help them better support you from day to day. Additionally, fellow patients can directly relate to the challenges faced by making lifestyle changes. It's possible a relative has also received surgery, creating a great opportunity for everyone to attend!

Song Z, Reinhardt K, Buzdon M, Liao P (2008) Association between support group attendance and weight loss after roux-en-Y gastric bypass. Surg Obes Relat Dis 4(2): 100-3

Find a Support Group Meeting at:
<http://richmond.bonsecours.com/news-and-events-calendar-of-events.html>



Bon Secours St. Mary's Hospital Change for Life Bariatric Support Group



2016 Support Group Calendar 6-7pm SMH Education Department Room 156



Date	Topic	Presenter	Facilitator
January 14	My Strange Addiction...Food Cravings	Jeannine Moss	Sophea Skym
January 21	Why Am I so Tired?	Jeannine Moss	Mary Rosenberg
February 11	Emotional Eating	Erin Brown	Mary Rosenberg
February 18	Emotional Eating	Erin Brown	Sophea Skym
March 10	Late Complications	Dr. Bautista	Mary Rosenberg
March 17	Triggers and Post-op Life Stressors	Sophea Skym	Sophea Skym
April 14	Healthy Eating "On the Road"	Valerie Rakes	Mary Rosenberg
April 21	New Year's Resolutions: Sticking To It	Valerie Rakes	Sophea Skym
May 12	Weight Regain	Dr. Bautista	Mary Rosenberg
May 19	Bariatric Complications and How to Avoid Them	Dr. Lee	Mary Rosenberg
June 9	Is This Normal?	Dr. Carmody	Mary Rosenberg
June 16	Is Plastic Surgery for Me?	Dr. <u>Wornum</u>	Sophea Skym
July 14	Summer Fun: Avoiding Food Pressure	Valerie Rakes	Mary Rosenberg
July 21	Exercise Progression – When, Where, Why, and How Long?	Dave Puhala	Sophea Skym
August 11	Support Person: What Makes a Good One?	Dustin and Susan Miller	Mary Rosenberg
August 18	Nutrition 101: Grocery Shopping	Valerie Rakes	Sophea Skym
September 8	Taking Care of Your Operation Long Term	Stacy Gittler	Sophea Skym
September 15	Recipe Swap	Valerie Rakes	Sophea Skym
October 13	Ways To Maintain Motivation and Help Control Eating	Connie Garrett	Mary Rosenberg
October 20	Why Vitamins?	Dr. Karch	Sophea Skym
November 10	Stress and Your Health	Stacy Gittler	Mary Rosenberg
November 17	Holiday Cooking Demo	Valerie Rakes	Mary Rosenberg
December 8	No Support Group		Mary Rosenberg (class only)
December 15	No Support Group		Sophea Skym (class only)